

# THE SUNDAY SUPPLEMENT

8<sup>th</sup> August 2021 – The Tenth Sunday after Trinity (Proper 14)

## NOTICES

### This Week

**Wednesday 11.30am** – Midweek Communion at Holy Innocents, Broughton Mills, followed by refreshments.

**Thursday 9.00am** – Coffee at Broughton Methodist Church, open to all. Biscuits also available.

**Thursday 10.00am** – Bible study at Broughton Methodist Church, all welcome. Drivers come from across our two parishes and from further afield, so please ask if you need a lift. Give it a try this week!

**Thursday 11.30am** – **Meeting Point** planning meeting to discuss youthwork for the Autumn term. Please come along if you are considering whether you might be able to volunteer *occasionally* at either our regular evening session or the new drop-in session. We will get together with Ruth Hutchings at Broughton Methodist Church, after the Bible study.



Charlotte and Stephen will be on annual leave after the third Sunday services this month (15<sup>th</sup> August), returning in time for services on 29<sup>th</sup> August. Alex and Chris are kindly covering the two Wednesday services. On 22<sup>nd</sup> August, our lay teams at Broughton and Woodland will deliver the 11am and 6pm services and, at Kirkby, Revd David Bickersteth has kindly agreed to take the 9.30am.

Don't forget that there is a fifth Sunday in August, so there will be a service of Evening Prayer at Seathwaite at 6pm on 29<sup>th</sup>. Please put it in your diary and consider giving this beautiful church your support.

### Agricultural chaplaincy



Cumbria Agricultural Chaplaincy is looking for a chaplain to cover Broughton Mart. The post does not require an ordained minister, or a background in farming. The chaplaincy aims to provide a sympathetic listening ear, with a

Christian perspective. This is a great opportunity to bring the love and service of Christ into a significant part of our local community.

Please speak to Stephen if you are interested, or know someone who might be able to do this. The time commitment is flexible. Presence is the key to chaplaincy ministry, so it is hoped that the chaplain will be able to attend the mart on many or most sale days.

### Authorised lay ministry training



Here in Cumbria we are fortunate to have a significant programme of training for authorised lay ministry of all kinds, "ALTP". The programme is restarting, post-pandemic, in September, and there are places

available. The time commitment is spread over a period and the emphasis is on making the training accessible to people who have many other commitments to manage.

This may be for you, in ways that you don't yet anticipate. There is a really clear and helpful webpage from which you can get more information and perhaps be inspired to equip yourself:

<https://www.godforall.org.uk/god-for-all-team/lay-training/>

### Scarecrow assistance

To promote the community greening initiative in the Duddon Parish Council area, local organisations including the church have been asked to display a scarecrow at the end of September, to promote the campaign. This is a great opportunity for the church to show that it is active on important issues like climate change. Judging from attendance at a recent planning evening, this is an issue of significant interest and importance to many in the community.



Stephen is not a particular expert in scarecrow construction and would really, really appreciate help in delivering this. Please get in touch if you can lend a hand.

### Looking forward - Taizé

We will aim to restart Taizé services in September (Kirkby, 3<sup>rd</sup> Sunday) if the Covid situation makes this an appropriate course.

# READINGS AND PRAYERS

## Collect

Let your merciful ears, O Lord,  
be open to the prayers of your humble servants;  
and that they may obtain their petitions  
make them to ask such things as shall please you;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## I Kings 19:4-8

*A reading from the First Book of Kings.*

<sup>4</sup>But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.'<sup>5</sup> Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.'<sup>6</sup> He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again.<sup>7</sup> The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.'<sup>8</sup> He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

*This is the Word of the Lord. Thanks be to God.*

## Psalms 34:1-8

<sup>1</sup> I will bless the Lord at all times;  
his praise shall continually be in my mouth.  
<sup>2</sup> My soul makes its boast in the Lord;  
let the humble hear and be glad.  
<sup>3</sup> O magnify the Lord with me,  
and let us exalt his name together.  
<sup>4</sup> I sought the Lord, and he answered me,  
and delivered me from all my fears.  
<sup>5</sup> Look to him, and be radiant;  
so your faces shall never be ashamed.  
<sup>6</sup> This poor soul cried, and was heard by the Lord,  
and was saved from every trouble.  
<sup>7</sup> The angel of the Lord encamps  
around those who fear him, and delivers them.  
<sup>8</sup> O taste and see that the Lord is good;  
happy are those who take refuge in him.

## Ephesians 4:25-5:2

*A reading from the letter to the church in Ephesus.*

<sup>25</sup> So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. <sup>26</sup> Be angry but do not sin; do not let the sun go down on your anger, <sup>27</sup> and do not make room for the devil. <sup>28</sup> Thieves must give up stealing; rather let

them labour and work honestly with their own hands, so as to have something to share with the needy. <sup>29</sup> Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. <sup>30</sup> And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. <sup>31</sup> Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, <sup>32</sup> and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. **5** <sup>1</sup> Therefore be imitators of God, as beloved children, <sup>2</sup> and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

*This is the Word of the Lord. Thanks be to God.*

## John 6:35, 41-51

*Hear the Gospel of our Lord Jesus Christ, according to St John. Glory to you, O Lord.*

<sup>35</sup> Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

<sup>41</sup> Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.'<sup>42</sup> They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' <sup>43</sup> Jesus answered them, 'Do not complain among yourselves. <sup>44</sup> No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. <sup>45</sup> It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. <sup>46</sup> Not that anyone has seen the Father except the one who is from God; he has seen the Father. <sup>47</sup> Very truly, I tell you, whoever believes has eternal life. <sup>48</sup> I am the bread of life. <sup>49</sup> Your ancestors ate the manna in the wilderness, and they died. <sup>50</sup> This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup> I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

*This is the Gospel of the Lord. Praise to you O Christ.*

## Prayer after Communion

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord.